

# feeding & diapering chart

Counting the number of diapers your newborn uses each day (8 to 12 being ideal) can help you tell if your baby is eating enough. And thanks to the built-in wetness indicator found in all HUGGIES® newborn diapers, you'll know exactly when your baby needs changing. Use this chart to record the time and frequency of feedings and diaper changes by placing an X in the appropriate boxes. To print extra copies of this chart, go to [www.huggieshappybaby.com/diapering](http://www.huggieshappybaby.com/diapering).

today's date:													goal (at least)													
time	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 am	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 pm	—	
feeding																									—	
wet diaper																										4-6
bowel movement																										4-6

today's date:													goal (at least)													
time	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 am	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 pm	—	
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